

ABSTRACT OF THE DISCLOSURE

PLATED LIGHTING METHOD AND APPARATUS

An apparatus for lighting a room from the room's ceiling. The apparatus includes a first plate having an opening. The apparatus includes a spacer attached to the first plate. The apparatus includes at least a second plate having an opening attached to the spacer and maintained in spaced relationship from the first plate by the spacer. The opening of the first plate and the opening of the second plate together define a first channel. The apparatus includes means for lighting including at least one lamp and one transformer electrically connected to the lamp. The lamp is either a low voltage or line voltage lamp. The lamp extends into the channel. A method for forming a lighting apparatus. A method for lighting a room.